Healthy Lifestyles’ newest program is focused on learning to fuel your body through physical activity and nutrition. By participating, you can earn up to 40 Healthy Lifestyles points!

**WHEN:** The program will run from August 3rd - August 28th.

**REGISTRATION:** Will be open from July 6th - July 29th.
HOW IT WORKS:

1. On July 6th, we will send out the program registration
   a. Complete the registration by July 29th
2. We will send out a calendar. This calendar has a different physical activity or nutrition challenge for each day of the month. Each challenge is worth **two points**.
3. Along with sending out a calendar, we will also be sending out **daily emails** with a description of that day’s challenge.
4. At the end of each week, sign in to Wellsteps and log how many of the activities you completed.
5. At the end of the program, we will be sending out a post-survey for you to complete. In order for you to receive your points, you must complete this post-survey.

We hope you are as excited as we are about this new program!